

Full Report (All Nutrients) 01112, Whey, acid, fluid

Report Date: December 05, 2015 15:18 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Proximates						
Water	g	93.42	10	0.098	229.81	919.25
Energy	kcal	24	--	--	59	236
Energy	kJ	100	--	--	246	984
Protein	g	0.76	21	0.028	1.87	7.48
Total lipid (fat)	g	0.09	6	0.024	0.22	0.89
Ash	g	0.61	9	0.038	1.50	6.00
Carbohydrate, by difference	g	5.12	--	--	12.60	50.38
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	5.12	--	--	12.60	50.38
Minerals						
Calcium, Ca	mg	103	15	3.539	253	1014
Iron, Fe	mg	0.08	--	--	0.20	0.79
Magnesium, Mg	mg	10	15	0.452	25	98
Phosphorus, P	mg	78	14	3.746	192	768
Potassium, K	mg	143	5	5.269	352	1407
Sodium, Na	mg	48	5	3.250	118	472
Zinc, Zn	mg	0.43	--	--	1.06	4.23
Copper, Cu	mg	0.003	--	--	0.007	0.030
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	1.8	--	--	4.4	17.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.2	1.0
Thiamin	mg	0.042	--	--	0.103	0.413

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Riboflavin	mg	0.140	--	--	0.344	1.378
Niacin	mg	0.079	--	--	0.194	0.777
Pantothenic acid	mg	0.381	--	--	0.937	3.749
Vitamin B-6	mg	0.042	--	--	0.103	0.413
Folate, total	µg	2	--	--	5	20
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	20
Folate, DFE	µg	2	--	--	5	20
Choline, total	mg	16.0	--	--	39.4	157.4
Vitamin B-12	µg	0.18	14	0.017	0.44	1.77
Vitamin A, RAE	µg	2	--	--	5	20
Retinol	µg	2	--	--	5	20
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	7	--	--	17	69
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.057	--	--	0.140	0.561
4:0	g	0.004	2	--	0.010	0.039
6:0	g	0.001	2	--	0.002	0.010
8:0	g	0.001	4	0.000	0.002	0.010
10:0	g	0.002	4	0.001	0.005	0.020
12:0	g	0.001	4	0.000	0.002	0.010
14:0	g	0.008	4	0.002	0.020	0.079
16:0	g	0.025	4	0.007	0.062	0.246
18:0	g	0.010	4	0.003	0.025	0.098
Fatty acids, total monounsaturated	g	0.025	--	--	0.062	0.246
16:1 undifferentiated	g	0.004	4	0.002	0.010	0.039
18:1 undifferentiated	g	0.019	4	0.005	0.047	0.187

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20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.004	--	--	0.010	0.039
18:2 undifferentiated	g	0.003	4	0.001	0.007	0.030
18:3 undifferentiated	g	0.000	2	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	1	--	--	2	10
Amino Acids						
Tryptophan	g	0.016	--	--	0.039	0.157
Threonine	g	0.038	--	--	0.093	0.374
Isoleucine	g	0.038	--	--	0.093	0.374
Leucine	g	0.072	--	--	0.177	0.708
Lysine	g	0.065	--	--	0.160	0.640
Methionine	g	0.014	--	--	0.034	0.138
Cystine	g	0.014	--	--	0.034	0.138
Phenylalanine	g	0.025	--	--	0.062	0.246
Tyrosine	g	0.019	--	--	0.047	0.187
Valine	g	0.038	--	--	0.093	0.374
Arginine	g	0.021	--	--	0.052	0.207
Histidine	g	0.015	--	--	0.037	0.148
Alanine	g	0.033	--	--	0.081	0.325
Aspartic acid	g	0.074	--	--	0.182	0.728
Glutamic acid	g	0.136	--	--	0.335	1.338
Glycine	g	0.014	--	--	0.034	0.138
Proline	g	0.045	--	--	0.111	0.443
Serine	g	0.035	--	--	0.086	0.344
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0

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Theobromine	mg	0	--	--	0	0